

Flexible Spending Accepted Over-the-Counter Items

Accepted Over-the-Counter Items*

Antiseptics

- Antiseptic wash or ointment for cuts or scrapes
- Benzocaine swabs
- Boric acid powder
- First aid wipes
- Hydrogen peroxide
- Iodine tincture
- Sublimed sulfur powder

Asthma Medications

- Bronchodilator/Expectorant tablets
- Bronchial asthma inhalers

Cold, Flu, & Allergy Medications

- Allergy medications
- Cold relief syrup
- Cold relief tablets
- Cough drops
- Cough syrup
- Flu relief tablets or liquid
- Medicated chest rub
- Nasal decongestant inhaler
- Nasal decongestant spray or drops
- Nasal strips to improve congestion
- Sinus & allergy homeopathic nasal spray
- Sinus medications
- Vapor patch cough suppressant

Diabetes

- Diabetic lancets
- Diabetic supplies
- Diabetic test strips
- Glucose meters

Ear/Eye Care

- Airplane ear protection
- Ear drops for swimmers
- Ear water-drying aid
- Ear wax removal drops
- Eye Drops
- Homeopathic earache tablets
- Contact lens solutions

Health Aids

- Adhesive
- Antifungal treatments
- Cold or Hot Compresses
- Denture adhesives
- Diuretics and water pills
- Elastic Bandages
- Gauze & Tape
- Gloves & Masks

- Hemorrhoid relief
- Incontinence supplies
- Leg or Arm Braces
- Lice control
- Medicated bandages
- Motion sickness tablets
- Respiratory stimulant ammonia
- Sleeping Aids

Pain Relief

- Arthritis pain reliever
- Bunion and blister treatments
- Itch relief
- Orajel
- Pain relievers, aspirin, and non aspirin
- Throat pain medications

Personal Test Kits

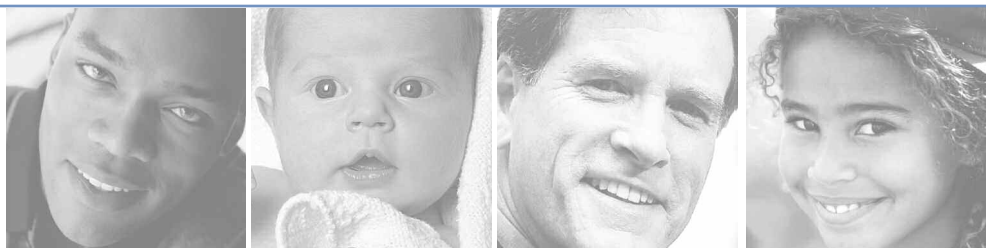
- Blood Pressure Meter
- Cholesterol tests
- Colorectal cancer screening tests
- Home drug tests
- Ovulation indicators
- Pregnancy tests
- Thermometers

Skin Care

- Anti-itch lotion
- Bunion and blister treatments
- Cold sore and fever blister medications
- Corn and callus removal medications
- Diaper rash ointment
- Eczema cream
- Wart removal medications

Stomach Care

- Acid reducers
- Antacid gum
- Antacid liquid
- Antacid tablets
- Anti-diarrhea medications
- Gas relief drops for infants and children
- Ipecac syrup
- Laxatives
- Pinworm treatment
- Prilosec
- Upset stomach medications



Flexible Spending Accepted Over-the-Counter Items

Not Acceptable*

Aromatherapy
Baby bottles
Baby oil
Baby wipes
Breast enhancement system
Cosmetics
Cotton swabs
Dental floss
Deodorants
Facial care
Feminine care
Fragrances
Hair regrowth
Low "carb" foods
Low calorie foods
Oral care
Petroleum jelly
Shampoo and conditioner
Skin care
Spa salts
Sun tanning products
Tooth brushes

Dual Use — Requires doctor letter

Acne medications
Foot spa
Gas prevention food enzyme dietary supplement
Herbs
Massagers
Medicated bath products
Minerals
Multivitamins
Rubbing Alcohol
Saline nose drops
Special supplements
Special teeth cleaning system
Vitamins

*Plan restrictions may apply. Check with plan administrator.

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151 East Decatur Street • Decatur, Illinois 62521 • 217.423.7788 www.consociatedansig.com
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